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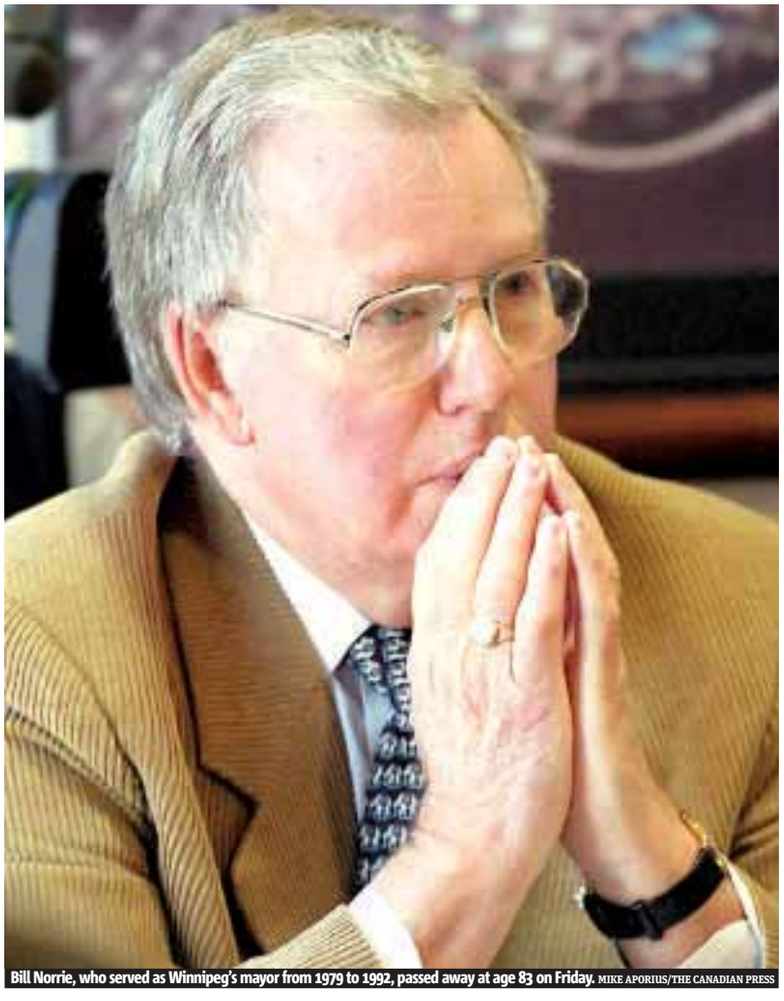

Bill Norrie, who served as Winnipeg's mayor from 1979 to 1992, passed away at age 83 on Friday. MIKE APORIUS/THE CANADIAN PRESS

Winnipeggers remember Bill Norrie

Four-term mayor.
Popular leader credited with helping revitalize many areas of the city

ELISHA DACEY AND BERNICE PONTANILLA
winnipeg@metronews.ca

Tributes have been pouring in for former Winnipeg Mayor Bill Norrie, who passed away Friday morning from respiratory failure. He was 83.

Norrie, who was born William Norrie in St. Boniface in 1929, was a popular mayor who served four terms from 1979 to 1992. He was credited with helping revitalize many areas of the city, including The Forks and the Exchange District.

Winnipeggers remember Norrie as a soft-spoken, kind man who, nevertheless, was a determined leader. "Without Norrie there would be no Forks," said Mabel Grayson, 56, while her grandson played at the new Variety Adventure Playground Sunday afternoon.

"We've been coming here for decades with our family, and now our son's family can do the same. Not many people can say that they've championed and helped build something so wonderful for Winnipeg."

Norrie also championed the Core Area Initiative, which saw several blocks downtown razed and Portage Place, a YMCA and housing go up in its place.

"I don't know if Mayor Norrie can be credited with saving downtown, but at least he made it an issue, made it worth saving," said David Braun, 58, who was waiting for a bus in front of Portage Place Sunday afternoon. "He knew urban sprawl would kill the city's core and tried to fight it. He was a good man."

Mayoral memories

What other 'Peggers had to say about Bill Norrie:

- "He cared a lot about Winnipeg and it showed. Whether you agreed with him or not, no one can say he didn't care."
  — Debbie Renaud, 61
- "The Forks wouldn't be here without him. He was a good mayor."
  — Patricia Cumberland, 58
- "It's sad because he was the kind of guy you could talk to reasonably. I had the pleasure of talking with him a few times and he was always the kind of man who listened and you could tell he was always taking you seriously even if he didn't agree."
  — James Peterson, 65

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Victim critical

Teens charged with attempted murder

A Winnipeg teenager who was out on probation and wanted for failing to report in has been charged with attempted murder, along with a 15-year-old girl.

Winnipeg police said a 23-year-old man was "in the company of several males" Saturday morning when a fight occurred. The man was assaulted and tossed in a garbage bin like trash, sustaining serious upper-body injuries. He was later found by emergency personnel.

At about 11:30 p.m. police tracked down a 17-year-old male and arrested him.

The 15-year-old female was arrested Sunday.

The victim remains in hospital in critical condition. METRO

Girl hurt

Arrests made in failed break-in

Four people have been arrested after an attempted home invasion injured a teenage girl.

Winnipeg police said four people tried breaking into a home in the 100 block of Old Commonwealth Path in northwest Winnipeg on Saturday around 3:30 a.m. They attempted to break into the home through a window, and then through a door, but the door was held closed by the people inside.

A 16-year-old was hurt. Two men and two 17-year old males were arrested and several weapons and drugs were seized, said police. METRO

Mike Davidson, president of CUPE 500, is seen at city hall after council voted for "managed competition" of local golf courses. LAUREN PARSONS/FOR METRO

Changes sought to stop golf courses 'bleeding'

City hall. Local links are losing money

LAUREN PARSONS
winnipeg@metronews.ca

How four city-owned golf courses are operated could be about to change, perhaps as early as next season.

On Friday morning, the City of Winnipeg's alternative-service delivery committee unanimously voted in favour of modified managed competition (MMC), to compare the cost of operating the Kildonan, Windsor, Crescent Drive and Harbour View courses under public or private agreements.

Last fall, city auditors found that Winnipeg Golf Services lost $1,036,956 in 2010 and about $1 million in 2011. The estimated loss for the 2012 season is approximately $835,342.

"The reality is that losing $1 million a year is unacceptable," said Coun. Scott Fielding (St. James-Brooklands), who chairs the committee. Fielding said the money lost would better be used on community centres or sports programs.

Mike Davidson, president of the CUPE Local 500, said the decision needs public input.

"The citizens of Winnipeg want affordable golf. Why no process to involve the public?" he said. "The city expects profit, but it's a service, not a business."

Davidson said out of the 50 or so seasonal staff, 25 are students who make $11.90 an hour.

"All the staff at our courses go above and beyond, and our salaries are at the bottom of the barrel," he said.

Fielding added there is the possibility that operations may stay the same, if it proves to be the best option.

"Our priority is to fix the troubled golf courses and stop the bleeding," said Fielding.

City auditors will return to present the committee with recommendations before the new year, but those recommendations will need to be passed by city council.

Warning. Dogs may be at risk after raccoons found with canine distemper

Two Manitoba departments are warning dog owners after a number of reports of raccoons displaying symptoms of canine distemper.

Manitoba Conservation and Water Stewardship and the Manitoba Agriculture, Food and Rural Initiatives' Office of the Chief Veterinarian said the raccoons showing these symptoms in the past month can be found in Winnipeg and Headingley.

Canine distemper can easily spread from raccoons to dogs, and dogs who have been infected tend to suffer a progressive deterioration of mental abilities and motor skills.

Dog owners in the affected areas are urged to get their pets vaccinated against distemper and prevent contact between their dogs and wildlife.

Those unsure as to whether their dogs have been vaccinated should contact their local veterinarian. Routine vaccinations of dogs are highly effective in preventing the disease.

Raccoon populations are reportedly high along the Red and Assiniboine rivers, as well as the Corydon area of Winnipeg.

Infected raccoons act very disoriented or lethargic, with crusted eyes, excess mucus coming from the nasal area, and their breathing shallow or laboured. Residents who see raccoons in this state are asked to keep other people and pets away and call Manitoba Conservation at 204-945-5221.

Humans are not at risk of contracting this disease. METRO

Shawn Cameron Lamb

Tip line set up in case of alleged serial killer

Police in Winnipeg have set up a special tip line in the investigation into an accused serial killer.

A toll-free national phone line (1-855-817-4949) has been established to gather information on Shawn Cameron Lamb, 52, who is accused of second-degree murder in the deaths of three women: Carolyn Sinclair, 25, Lorna Blacksmith, 18, and Tanya Nepinak, 31.

"There are indications that Mr. Lamb has travelled extensively throughout Canada, so we're putting a ... number out in the event that someone in a different jurisdiction may have information," Insp. Rick Guyader said Friday. THE CANADIAN PRESS

Downtown. Committee approves doubling metered-parking fees

Changes to downtown parking may be in place as early as this fall. The City of Winnipeg's alternative-service delivery committee approved the implementation of demand-based street pricing Friday morning, based on recommendations made by the Winnipeg Public Service.

Parking rates are one step closer to doubling in some areas of downtown Winnipeg. BERNICE PONTANILLA/METRO

The recommendations include extending the daytime parking-rate time from 5:30 p.m. to 8:30 p.m., raising the price of hourly street parking to $2, and prohibiting "re-metering" after the maximum time of two hours is over. These recommendations are for high-demand parking areas in downtown only.

Randy Topolniski, acting chief operating officer of the Winnipeg Parking Authority, said the aim is to produce faster turnover for high-demand parking spots and improve business downtown.

The decision needs to be approved by city council, but is expected to launch in the fall with a publicity campaign to inform the public of the changes. LAUREN PARSONS/FOR METRO

1 NEWS

On the web

Hair-raising heist

Three thieves battered through a wall and dodged motion detectors to break into a Chicago beauty-supply store to steal $230,000 US worth human-hair extensions. Read more about the heist at metronews.ca.

Disney icons take to the stage in North Korea

North Korean dictator Kim Jong Un, the son and successor of the infamous Kim Jong Il, hosted an elaborate stage performance featuring Mickey Mouse, Winnie the Pooh and Tigger, just to name a few. For the record, the Walt Disney Co. did not authorize the performance. Read more about this bizarre event at metronews.ca.

Mobile news

A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.

Rescued aid worker. Kidnapped Canadian to reconsider line of work

A Canadian aid worker who was kidnapped in Kenya says he's taking some time off to think about the future.

Steven Dennis, 37, was one of four workers who was kidnapped June 29 and rescued in Somalia just days later.

The Toronto man told a news conference today he's grateful for the rescue effort.

Dennis says kidnappings are one of the risks of aid work and he will re-evaluate whether he wants to continue taking that kind of risk. He's taking a few months off and not making any plans.

Steven Dennis arrives by Kenyan military helicopter in Nairobi, Kenya, July 2. KHALIL SENOSI/THE ASSOCIATED PRESS

The four workers were rescued last Monday after three days in Somalia, when authorities swooped down on the group, killing one kidnapper.

Also kidnapped and rescued were Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot and injured during the initial kidnapping. THE CANADIAN PRESS

Development aid. Donors from 70 countries pledge $16 billion for Afghanistan

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

Weariness after more than a decade of fighting, and exasperation over the inability or unwillingness of President Hamid Karzai's government to tackle rampant corruption and graft, have weighed on the international community's resolve to keep supporting Afghanistan.

The landlocked Central Asian country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged $16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo.

Quoted

"It's very clear what areas the international community is requiring the Afghan government to take action on."

Conservative MP Chris Alexander

Canada will contribute an extra $227 million in development aid between 2014 and 2017, with the money aimed at empowering women and girls in the areas of education, human rights and humanitarian assistance.

The money is in addition to the initial commitment of $300 million that Canada promised between 2011 and 2014.

Conservative MP Chris Alexander, the parliamentary secretary for national defence, attended the Tokyo conference and said Canada and other donors will keep a close eye on how the money is spent. THE CANADIAN PRESS

Pakistan

Islamists protest shipments

Thousands of hardline Islamists streamed toward Pakistan's capital in a massive convoy of vehicles Sunday to protest the government's decision to allow the U.S. and other NATO countries to resume shipping troop supplies through the country to Afghanistan. THE ASSOCIATED PRESS

Egypt

'Emergency' meeting held

Egypt's official news agency says the country's top generals are holding an "emergency meeting" to discuss the decision by the president to recall the dissolved parliament. The then-ruling generals ordered the legislature dissolved following a ruling by Egypt's highest court. THE ASSOCIATED PRESS

A local resident stands at a flooded house in Krymsk, about 1,200 kilometres south of Moscow, Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Floods devastate southern Russia

Black Sea region. Torrential rains drop up to a foot of water in hard-hit town of Krymsk, killing at least 171

Quoted

"I came out and the water was already up to my waist."

Krymsk resident Viktor Nikolyuchiny

Nikolyuchiny said he and his wife were roused by their daughter, who lives a block away.

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disasters in recent years, many of them blamed on aging infrastructure or lax safety rules.

Torrential rains dropped up to a foot of water in less than 24 hours, which the state meteorological service said was five times the monthly average. The water rushed into the hard-hit town of Krymsk early Saturday with such speed and volume that residents said they suspected that water had been intentionally released from a reservoir in the mountains above. Local officials denied this, saying it was not technically possible to open the sluices.

Federal investigators, however, acknowledged Sunday that water had been released naturally from the reservoir, but they insisted it did not cause the flooding and the dam had not been breached. They said the problem was the heavy and sudden rainfall.

Krymsk received a total of about 221 millimetres of rain overnight, but 50 millimetres of that came in less than an hour late Friday, the meteorological service said.

Many residents remained unconvinced, however. During an outdoor meeting with the regional governor, who tried to persuade them that the reservoir was not the source of the flooding, residents shouted that they did not believe him and repeatedly interrupted him. The governor then agreed to allow five citizens and a journalist to fly over the dam in a helicopter.

Putin had already sent his emergencies minister on an inspection mission, a further indication of the concern over the condition of the reservoir. Vladimir Puchkov later reported that he had flown over the dam and seen no evidence of any damage. THE ASSOCIATED PRESS

A woman carries her baby past a washed away bridge in Deeghal Ati village on Sunday. ANUPAM NATH/THE ASSOCIATED PRESS

Monsoon floods ravage northeastern Indian region

The death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern Indian state of Assam.

Villagers are still finding bodies in receding waters. On Sunday the death toll stood at 121, including 16 buried in mudslides.

About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends.

The central government has offered $90 million in aid to the agricultural state, where at least 627,600 acres of rice fields and other crops have been affected.

The floods also killed 559 animals in the Kaziranga game reserve, including more than 400 hog deer and 14 of its 2,300 endangered one-horned rhinos. State environment minister Rokybul Hussain called it a catastrophe. THE ASSOCIATED PRESS

Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in St. Catharines, Ont., finds 'surprising amount' of unreported income by staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers in just four restaurants in St. Catharines, Ont.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

In the end, the blitz flushed out $1.7 million in unreported tips and gratuities — almost $12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines' blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as $36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The other projects, which also reported in 2010, focused on the trucking industry, house-flipping, electronic sales suppression or cash-register zapping — even Quebec's maple-syrup industry.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some $1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

The fabric of China's fortune

A worker lays out fabric at a furniture manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for $30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for $30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes from 1997 to 1999. But it said the government owes the company interest for an overpayment in 1991. THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market.

The U.S. retailer's plan to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content. The company has committed to sell uniquely Canadian cultural products in its Canadian stores.

THE CANADIAN PRESS

Employment. Growth remains modest as Canada adds 7,300 jobs in June

Canada added a modest 7,300 jobs and the unemployment rate slipped to 7.2 per cent last month in a fresh indication the economy is straining to maintain momentum — but has not yet buckled.

The June employment number is the most up-to-date signal of how the economy is performing, and economists visibly breathed a sign of relief that the labour performance was not worse.

While the consensus estimate was for a gain of 5,000 jobs, some economists were predicted an outright decline, particularly after the stunning 140,000 gain of March and April that went against the run of weakening economic conditions.

In a statement, Finance Minister Jim Flaherty said the results show the country is on "the right track," but noted the fragility in the global economy, the United States and Europe.

"That's why were remain focused on measures to grow the economy," he said.

The main surprise in the Statistics Canada report was that the unemployment rate inched lower one-tenth of a point to 7.2 per cent.

THE CANADIAN PRESS

Provincial rates

Canada's national unemployment rate was 7.2 per cent in June. Here's a look at the rates in some of the provinces (previous month in brackets):

- **Manitoba 5.2 (5.1)**
- Ontario 7.7 (7.8)
- Nova Scotia 9.6 (9.2)
- Saskatchewan 4.9 (4.5)
- British Columbia 6.6 (7.4)

Complaints. New rules will allow banks to choose own dispute body

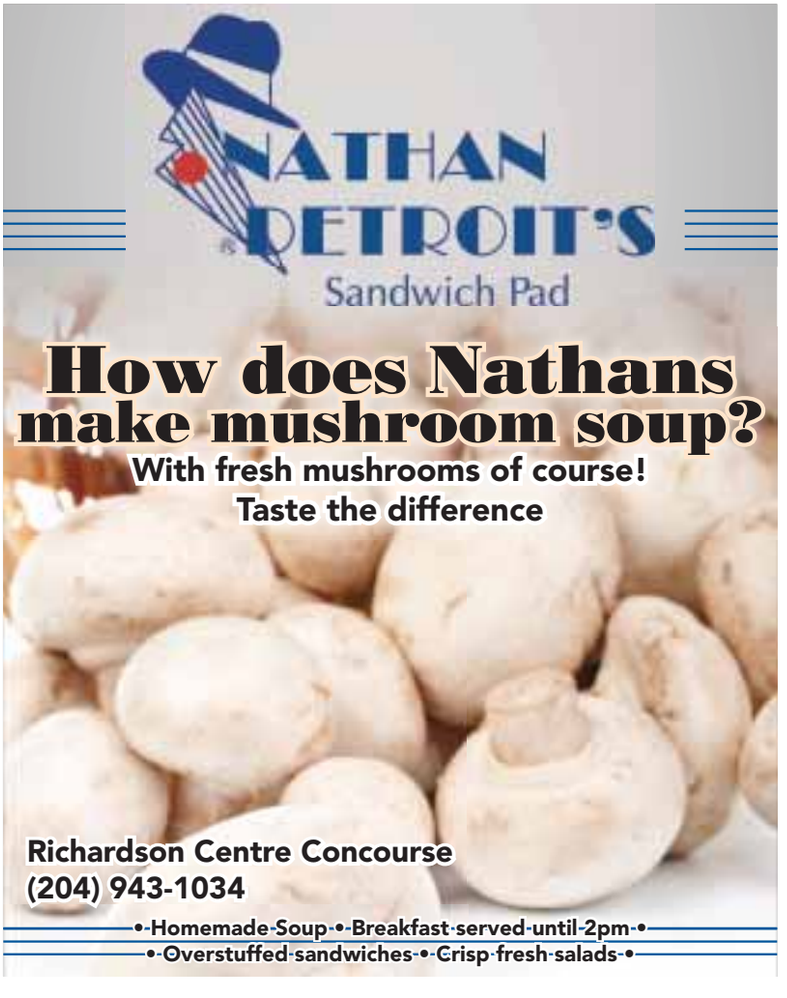
The Canadian government is proposing a set of new standardized rules to govern how complaints against big banks are handled, but Ottawa is formally giving banks permission to pick who will hear customer disputes.

The new rules follow the departure of the Royal Bank in 2008 and Toronto-Dominion in 2011 from having complaints heard by the federally appointed Ombudsman for Banking Services and Investments (OBSI) in favour of ADR Chambers, an independent dispute settlement service.

The government will now formally allow other private agencies to enter the field of adjudicating consumer complaints as long as they meet certain standards.

Critics were quick to pounce on the announcement. The Public Interest Advocacy Centre called the regulations weak and said they would could "destroy" OBSI since rivals more to the banks' liking are likely to emerge. THE CANADIAN PRESS

Finance Minister Jim Flaherty
THE CANADIAN PRESS



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LORDY, LORDY, LET'S DROP IT TO 40

URBAN COMPASS
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This month, city council is discussing lowering school zone speed limits to 30 km/h. If approved, it would take about five years and $1 million to install hundreds of new speed limit signs throughout the city.

While the goal of the plan is definitely worthwhile — improving road safety for children — there's a couple of problems with the suggested approach.

First, it's unnecessarily confusing. The lower limits would only be in effect from September to June, Monday to Friday, 7 a.m. to 5:30 p.m. No word yet on what happens during holidays or in-service days, so you'd be advised to keep a copy of the local school calendar pinned to your dashboard.

Second, while there's a concentration of kids around schools, they're not the only places where children deal with traffic. Just getting to school usually involves walking or biking outside the school zone boundaries. Kids also use school playgrounds and gyms in the evening, they play at neighbourhood parks, and they run around in front of their own houses.

All of which has me wondering if there's an alternative that could be a lot simpler, safer, and much quicker to implement.

What if we just lowered the residential speed limit in general?

Now I can already hear howls from drivers if I suggested a 30 km/h limit across the city, so 40 km/h might be a good compromise. And offset that by actually increasing speeds on some regional streets that are currently posted artificially low (Grant Avenue and Kenaston Boulevard, I'm looking at you).

Given the condition of many of our residential streets, 40 km/h is probably the limit for a car's suspension anyway, but it also significantly increases safety.

According to transportation experts, a pedestrian or cyclist hit at 50 km/h is two to three times more likely to die as one hit at 40 km/h. One could logically assume that injuries and property damage are also greatly reduced at the lower speed.

Edmonton recently experimented with 40 km/h speed limits in several residential neighbourhoods, and saw a 25 per cent drop in severe collisions. Councillors in Ottawa are now talking about a 40 km/h limit, several cities in Australia have adopted them, and in the U.K. there's a thriving campaign based around the idea of lowering residential limits to 20 mph (about 32 km/h).

By lowering the residential limit to 40 km/h, we'd not only make our streets safer for kids, but for every pedestrian, cyclist and driver for that matter. We'd reduce collisions, save money on insurance premiums, and cut back on gas consumption. We'd prevent driver confusion from having a patchwork of different speed limits, and avoid the visual pollution of adding hundreds of new signs to the streets.

And at what cost? It might take the average driver one or two more minutes to get where they're going.

That's a trade-off I'd be more than willing to make.

Slipping on the bars

Olympic gymnasts in a sticky situation

As the U.S. men head off to their final training camp before the London Olympics this week, several gymnasts will be toting plastic bears filled with honey. Or bottles of Karo syrup.

Really. And no, it's not for breakfast. Some of the equipment can be as slick as ice, and gymnasts have had to get creative in order to keep a grip on things.

"You start slipping off the parallel bars and you're like, 'How do I hold onto this?'" said Jonathan Horton, a two-time medallist in Beijing.

For most, honey does the trick. Others use syrup. Whatever the sticky substance, they rub it on their hands, run their hands along the bars and then cover both with a layer of chalk. (The women have a similar routine on uneven bars, though most just spray water on them and then dust them with chalk.)

THE ASSOCIATED PRESS

Weren't you ever told...

STÉPHANIE KILGAST/PETITPLAT.FR

...not to play with your food?

Miniature 'food'

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, they're for your eyes only — since they're made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making miniscule works of "food" since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."
- **Biggest problem.** "I get hungry! That can be problematic."
- **How it started.** "When I was a child, I did miniature food for my dolls and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food and that intrigued me again."

Tasty number

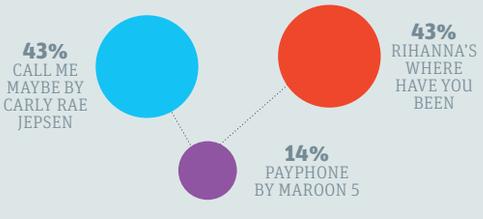
2

centimetres is the typical size of one miniature food dish — that's roughly the size of a regular postage stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking "food."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's 2012's song of the summer?



Twitter

@TPremack: Holy crazy night, Winnipeg Folk Fest is just unbelievable. #CountDownBegins

@BiggieFunke: Know what. I miss being in Winnipeg. I feel good there

@LKums: What you do today can improve all your tomorrows. _#justdoitanddontlookback

@MiizzKriiss: Sometimes when things slow down a bit, that's just life telling you that you're moving too fast.

@kaylafromcanada: I really wasn't meant to have my nose pierced. Stupid nose.

@myaangel: He retweeted you? You're right, he wants you.

metro
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Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted.

"Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

"Maybe at 22 I might've been able to pull it off, but hip hop is a young man's game and I will definitely sit on the sidelines when it's for real."

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

He wasn't in American Wedding, so this latest film marked the first time he got to work with the Pie crew in over a decade.

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

Comic-Con: The ultimate mecca for geeks

Football fans have the Super Bowl. Soccer enthusiasts have the World Cup. Cinephiles have the Academy Awards.

For pop-culture lovers —the self-professed geeks and nerds who delight in fantasy-inspired fun from anime to zombies — there is Comic-Con, the Olympic-sized celebration of movies, TV, video games, costumes and pop art that began as a humble comic-book convention 43 years ago and is now an annual marketing extravaganza.

From Thursday to Sunday, more than 100,000 pop-culture aficionados will flood the San Diego Convention Center in San Diego, Calif., showing off their Storm Trooper suits, playing yet-to-be-released video games and attending panels featuring A-list filmmakers like Peter Jackson and such hot TV shows as Game of Thrones.

But first comes Wednesday's "preview night." Available only to those who bought four-day passes to the sold-out convention, the showing is decidedly low tech, yet high end: it's all about collectible toys. On display will be special-issue, limited-edition playthings and books made just for the pop-culture fest.

These include not only the unique freebies that various booths are giving away, but also

The best of Comic-Con might be on Wednesday's 'preview night' where four-day pass holders get first peek at the collectibles. THE ASSOCIATED PRESS

Who are the collectors?

Most toy collectors are men ages 25 to 40, though women are getting into the hobby in growing numbers, says Scott Neitlich, a marketing manager at Mattel. "It's not just about the physical price of the product, but the emotional connection each collector has about what figures they've decided to include," he says. "It's people who grew up in the '70s and '80s who now have disposable income to recapture their youth."

2 SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a $65 million opening weekend and $140 million in his first six days at U.S. theatres. Worldwide, The Amazing Spider-Man has climbed to $341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise. The new origin story for the Marvel Comics web-slinger comes just five years after Tobey Maguire and Sam Raimi's Spider-Man 3. Oliver Stone's drug-war thriller Savages opened at No. 4 with a solid $16.2 million weekend. The concert film Katy Perry: Part of Me failed to pack in the pop star's fans, debuting far down the chart with just $7.2 million.
THE ASSOCIATED PRESS

On the web

Canadian filmmaker wins directing prize at Karlovy Vary film festival

Cruise lays low while speculation swirls around divorce case

While estranged wife Katie Holmes has been out and about in New York City since filing for divorce, Tom Cruise has been lying low.

"It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, Bert Fields, tells BBC News. "We are letting 'the other side' play the media until they wear everyone out, and then we'll have something to say."

Cruise is expected to file his own divorce papers in response to Holmes' filing, in which she requested sole legal custody of their 6-year-old daughter, Suri.

"Tactically, we can't say where Tom will file a divorce case and if he'll be seeking joint custody of Suri," Fields says.

Katie Holmes. ALL PHOTOS GETTY IMAGES

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of respondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Humphries stands alone

THE WORD
Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style.

"Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For $1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dibs on that polka-dot Don't Speak dress.

Justin Bieber

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his $102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, according to E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was … driving in a careless, reckless fashion."

Zine says that when he called 911, the operators informed him that they'd already received 10 calls about Bieber's speeding.

Ringo Starr

All Ringo wants for his 72nd birthday is some peace and love

The 1960s mop top is gone, but Ringo Starr is still flashing a peace sign. The former Beatle marked his 72nd birthday Saturday by holding a "peace and love" moment at noon. He asked people worldwide to do the same at 12 o'clock in their time zones. The idea came to him in 2008 when an interviewer asked him what he wanted for his birthday. Since then, he has held events each year. THE ASSOCIATED PRESS

Twitter

@RedHourBen
Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.

@MissKellyO
Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA

@Joan Rivers
I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.

@ConanOBrien
Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! KAREN HUMPHREY, YUMMYMUMMYCLUB.CA

Catching the drips is simple with a cupcake liner. ISTOCK

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water!

Brew your coffee, pour it into ice cube trays and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! JEN CHARRON, YUMMYMUMMYCLUB.CA

Avoid watered down ice coffee with coffee ice cubes. ISTOCK

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU
yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between $10 to $15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Making baby food at home only requires a few tools. ISTOCK

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.

Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding
Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness
Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'
One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared
Having your camera with you at all times (with totally charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera
Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light
Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus
It is imperative that you take the time to focus on the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box
Once you find the best light for the image you're looking to get, just get your subject in it and YOU do the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important
When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN, YUMMYMUMMYCLUB.CA

3 LIFE

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. The public library. It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.

2. Mall walking. Stroller walking a mall is great exercise (and it's air conditioned).

3. Play date. Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.

4. Crafts in the cool basement.

5. Swim in the bathtub. Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

On the Web

Early full-term babies may face later academic woes; more time in womb is better, study says

Give the traditional burger a Mediterranean makeover

This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multigrain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

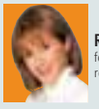
Ingredients

Burgers
- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce
- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil or parsley (for garnish)

Healthy eating

Choose it and lose it



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for more, visit
rosereisman.com

Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.

Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.

Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.

It's healthy to walk to school

Reduce your footprint. Canada Walks is raising awareness about the benefits of active transportation

BEN KNIGHT
green@metronews.ca

Be happier, healthier and stress free — take a walk. ISTOCK PHOTOS

Walking to school is simple, healthy and fun. And a large number of Canadian kids never do it.

"Unlike other countries, Canada hasn't paid much attention to the issues that people have when they travel on foot," says Jacky Kennedy, director of Canada Walks.

"At some point in our day, everybody does it, but it's the most under-represented, ignored mode of transportation."

Canada Walks — part of the umbrella organization Green Communities Canada — is trying to raise awareness of the benefits of active transportation — walking, cycling and rollerblading. They're trying to reach the parents of the 41 per cent of children who are routinely driven to school.

"Pretty much what our society has done, over the last 30 years, is we've engineered physical activity out of our children's lives," Kennedy explains.

"Our program targets the 68 per cent of Canadian children who live within a reasonable walking distance of their schools — about one-and-a-half kilometres. Only about 30 per cent of those currently use active travel to get to and from school."

There are a lot of reasons why this is. Parents worry about the safety of their kids, and there's a compelling level of convenience to just dropping your children off at school, and driving on to the rest of your day.

Kennedy counters that this caution and ease has its consequences.

"Children need a minimum of 90 minutes of physical activity a day, and we know that many children aren't getting that. If they walk to school, there isn't a problem with burning off their excess energy."

Canada Walks does detailed assessments of the community surrounding a school. Are the walking and biking routes safe? If so, they organize programs like the Walking School Bus, where groups of children walk home together, accompanied by adults.

Another program is Walk on Wednesday, where as many children as possible are asked to walk to school on the same day. With repetition, parents begin to see the health benefits — and it's hard not to notice a substantial drop in car traffic around their school.

"Parents and kids who are using active transportation some of the time are happier, they're less stressed, they feel healthier and the kids are doing better in school," Kennedy notes.

For more info, visit saferoutestoschool.ca.

By the numbers

68%

Number of Canadian kids who live within walking or biking distance from their schools. Two-thirds of them now get driven to school.

He's restoring lives one block at a time

Richard Walls, designer and entrepreneur. PROVIDED

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

"We took the main floor room and turned it into a drop-in centre for people on the street to come in and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life.

I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day.

It's not about making money it's about making a difference in life."

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."
Richard Walls

Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your hands dirty and walk a mile in their shoes.
- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.
- It's never about the money. Enjoy what you do and it'll never be work.

Channel a summer's day at your own desk

It's July and eerily quiet in the office. Your cubicle neighbour took off to the cottage and is sure to return relaxed and a full shade darker. You stare wistfully out the window and wish you could be out enjoying the sun. To keep motivated when you're cooped up indoors, consider these helpful tips.
NEWS CANADA

1 Brighten someone's day

Bake cookies for your fellow sunshine-deprived colleagues. It will be the perfect pick-me-up for long afternoons and may even start a trend of sharing homemade goodies around the office for the summer. You can also make someone smile overseas by sponsoring a child with an organization like Christian Children's Fund of Canada (ccfcanada.ca), you can help change the life of a child living in extreme poverty.

2 Ask for flexible hours

See if your employer will allow you to come in to work earlier so you can leave earlier and enjoy the summer weather. Or ask to work longer hours during the week so you can have Friday afternoons off.

3 Get out there

Pick a parking spot further away from the front doors so you'll spend more time walking outside. At lunch, go out with colleagues or picnic on the grass. Try to schedule meetings outside or at a nearby park if possible.

4 Be thankful

Though it's no fun to be staring at a computer when it seems that everyone is out soaking up the sun, remember that the job market is tough and being employed is worth celebrating. Besides, you can save up your vacation days and enjoy time off during non-peak seasons — meaning less crowds and less cost.

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Federer back on top

Tennis. 30-year-old equals Pete Sampras for Wimbledon titles and reclaims No. 1 in world rankings

A Grand Slam title drought did indeed end in Sunday's historic and riveting Wimbledon final, only it was Roger Federer's lengthy-for-him gap between trophies that came to a close, rather than Britain's 76-year wait for a homegrown men's champion.

Making sure everyone knows he is still as capable as ever of brilliance on a tennis court — particularly one made of grass, and with a roof overhead — Federer came back to beat Andy Murray 4-6, 7-5, 6-3, 6-4 indoors on Centre Court for a record-tying seventh championship at the All England Club.

"It feels nice," Federer said, clutching the gold trophy only Pete Sampras has held as many times in the modern era. "It's like it never left me."

The victory also increased Federer's record total to 17 major titles after being stuck on No. 16 for over two years, and clinched a return to the top of the ATP rankings, overtaking Novak Djokovic, after an absence of a little more than two years. Federer's 286th week at No. 1 ties Sampras for the most in history.

"He doesn't want to stop now. He knows he's going to continue to play well and try to break seven, and he could very well end up with eight or nine Wimbledons," Sampras said in a telephone interview. "I just think he's that much better than the other guys on grass, and he loves the court the way I loved that court. He's a great champion, a classy champion, and I'm really happy for him."

After a record seven consecutive Wimbledon finals from 2003-09, winning the first six, Federer lost in the quarterfinals in 2010 and 2011, then wasted two match points and a two-set lead against Djokovic in the U.S. Open semifinals last year, raising questions about whether he might be slipping.

"I really almost didn't try to picture myself with the trophy or try to think too far ahead, really," Federer said.

After losing in the semifinals each of the previous three years, Murray was the first British man to reach the final at Wimbledon since Bunny Austin in 1938, and was trying to become the hosts' first male title winner since Fred Perry in 1936.

Murray dropped to 0-4 in Grand Slam finals, three against Federer. Only one other man lost the first four major title matches of his career: Ivan Lendl, who is coaching Murray now.

While Lendl never did win Wimbledon, perhaps Murray can take solace from knowing his coach did end up with eight Grand Slam titles.

"I'm getting closer," Murray told the crowd afterward, his voice cracking and tears flowing.

THE ASSOCIATED PRESS

Roger Federer celebrates match point against Andy Murray on Sunday at Wimbledon in England. JULIAN FINNEY/GETTY IMAGES

Juniors

Canadians big winners on grass

Filip Peliwo made it a clean sweep for Canada in the junior singles finals at Wimbledon.

The 18-year-old from Vancouver beat Australia's Luke Saville 7-5, 6-4 on Sunday to win the boys' crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3. The wins gave Canada an unprecedented three titles at a Grand Slam event.

THE CANADIAN PRESS

Hunter-Reay gets the win

IndyCar starter Thomas Hansing waves the checkered flag for winner Ryan Hunter-Reay, runner-up Charlie Kimball and third-place finisher Mike Conway at the Honda Indy in Toronto on Sunday. Hunter-Reay has now won three races in a row. FRANK GUNN/THE CANADIAN PRESS

Goldeyes top Fighting Pheasants

All the Winnipeg Goldeyes needed on Sunday afternoon was a great start, some bullpen help and one big inning.

The Fish got all three on a beautiful, sunny Sunday and whipped the Sioux Falls Fighting Pheasants, 7-1, in front of 5,118 at Shaw Park.

Starter Chris Salamida pitched six innings of shutout baseball to open things up before Alex Jones, Billy Spottiswood and Stephen Kahn came on in relief and gave up only one run over the final three innings.

The Goldeyes put up a five spot in the fifth as Winnipeg won its second straight from the Pheasants and improved to 28-20 on the season.

Quoted

"Our guys had some good at bats today, and that makes it a lot easier when you can put up some runs for our pitching staff."

Goldeyes manager Rick Forney

The Goldeyes also remained alone in first place in the American Association's North Division.

"We were fundamentally sound on defence until the ninth inning," said Goldeyes manager Rick Forney. "Sally (Salamida) did a good job pitching himself out of some stressful situations today."

While the Goldeyes pitchers were taking care of the Pheasants — Salamida scattered six hits while the three relievers gave up four more — the Fish scored more than three runs in a game for the first time in six outings.

The Goldeyes and Pheasants will play Game 3 of this four-game series on Monday night.

SCOTT TAYLOR/FOR METRO

Golf

Rookie gets first PGA Tour win

Rookie Ted Potter Jr. made a 4-foot birdie putt on the third hole of a playoff with Troy Kelly on Sunday to win the Greenbrier Classic for the 218th-ranked player's first PGA Tour victory.

THE ASSOCIATED PRESS

Tour de France

Pinot rides away from the pack

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead. At 22, the Frenchman Pinot is the youngest rider in the main pack.

THE ASSOCIATED PRESS

Thibaut Pinot GETTY IMAGES

Olympic soccer

Ryan Giggs to captain Britain

Manchester United midfielder Ryan Giggs was named captain of Britain's Olympic football team on Sunday, coach Stuart Pearce turning to David Beckham's former teammate after cutting the Los Angeles Galaxy star. THE ASSOCIATED PRESS

Formula 1

Webber makes late pass for win

Red Bull driver Mark Webber won the British Grand Prix on Sunday, overtaking Fernando Alonso late in the race to cut his rival's lead in the Formula One championship.

THE ASSOCIATED PRESS

4 SPORTS

Endurance

Canadians out front at triathlon

Canadian triathletes bullied the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races. Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's race at the ITU Triathlon World Cup, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep. On the men's side, Kyle Jones of Hamilton, Ont. picked up his first World Cup win while Alexander Hinton of Kingston, Ont. took silver. American Jarrod Shoemaker rounded out the podium.

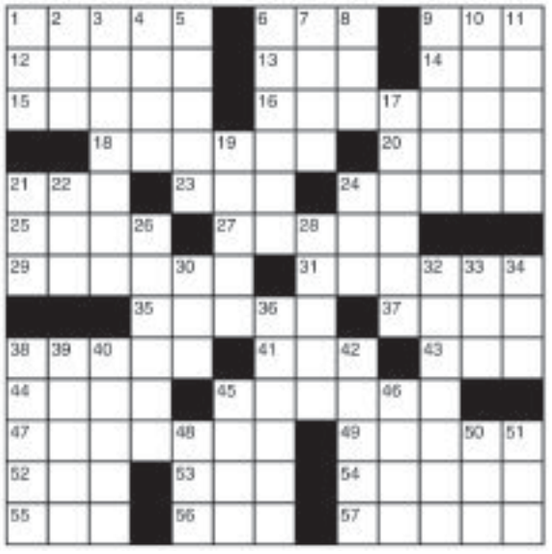
THE CANADIAN PRESS

Mobile news

Heading into Major League Baseball's All-Star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

Across
1 Advice
6 Morse morsel
9 Mel of baseball lore
12 1960s jacket style
13 Rangers' play area
14 Spoon-bender Geller
15 Ermine
16 Eerie figure
18 Censors, in a way
20 Chills and fever
21 Robert Mueller's org.
23 Prior night
24 Dalmatian pattern
25 Outer garment
27 "He's — nowhere man"
29 Redeemed a check
31 Hebrew letters
35 Saxophonist's supply
37 "Scat!"
38 Biz bigwig
41 Insurrectionist, for short
43 Toss into the mix
44 Dogfight participants
45 Nab
47 PR event
49 Lessen
52 Started
53 Blackbird
54 Catcalls?
55 Before
56 Understanding
57 Group character

Down
1 Officeholders
2 Trawler equipment
3 Fears
4 Caspian feeder
5 Private student
6 Ladle
7 Pulitzer contemporary
8 Darjeeling, e.g.
9 Expenditure
10 Angler's prize
11 7-Down's paper
17 Campania's capital
19 Duck
21 Govt. agncy.
22 Feathery accessory
24 Frivolous one in an old song
26 Fencing move
28 Museum supporter
30 Conger
32 Old Egyptian ruler
33 Scuttle
34 Turf
36 Visit briefly
38 Syrup flavor
39 Earth tone
40 Crystal-lined rock
42 Point a finger at
45 Traffic pylon
46 Encourage evildoers
48 Squirrel's home
50 Teeter-totter quorum
51 Curvaceous character?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			9					
		1		4		7		
		3	7				5	6
2		9			6			3
8								1
7			3			4		5
1	8				5	9		
		4		6		2		
					2			

Friday's Sudoku

4	3	9	5	1	2	6	8	7
6	2	5	8	3	7	4	9	1
1	7	8	9	4	6	3	5	2
8	9	7	3	5	1	2	4	6
5	1	4	6	2	8	7	3	9
2	6	3	4	7	9	5	1	8
7	5	1	2	8	4	9	6	3
9	4	2	1	6	3	8	7	5
3	8	6	7	9	5	1	2	4

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCVL-LBJBZ KA QLVPZVS ZDPZ CWBEA WPTS, EKWW KZ JV PT PYZBXPZVS ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?

Today's Cryptoquip Clue: K equals I

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 31° MIN: 10°	MAX: 30° MIN: 18°	MAX: 27° MIN: 18°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry

Taurus | April 21 - May 21. Try not to be guided by mob mentality today. Common sense will take you further.

Gemini | May 22 - June 20. There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

Cancer | June 21 - July 22. The more others insist that you need to shift your position the more you should insist on staying right where you are.

Leo | July 23 - Aug. 22. Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

Virgo | Aug. 23 - Sept. 22. You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future – and they will.

Libra | Sept. 23 - Oct. 22. You may not approve of what a friend or colleague is up to but what can you do about it?

Scorpio | Oct. 23 - Nov. 21. Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

Sagittarius | Nov. 22 - Dec. 21. It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

Capricorn | Dec. 22 - Jan 20. Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

Aquarius | Jan. 21 - Feb 18. There is no point trying to tell certain individuals where they are going wrong because they won't listen

Pisces | Feb. 19 - March 20. One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON

Caption Contest

"Eat your heart out, Puss in Boots!"
Demetrios

APICHART WEERAWONG/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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